



## **Emotional Wellbeing Services and Support for children and young people aged 7-18 years**

### **The Big U**

The Big U is a whole school based approach that provides early intervention and preventative interventions and support for children and young people aged 10 – 18 from years 6-13. The service provides both universal (assemblies and workshops) and targeted elements (1-2-1 support sessions) designed to: increase children and young people's awareness and understanding of mental health problems, develop their knowledge of where to go for help and support, build on their confidence to support their own mental health and wellbeing, and build their resilience. The service provision starts with an assembly followed by 1 hour workshops aimed at resilience, building confidence, learning coping strategies and building support networks.

### **Assemblies**

The assemblies aim to improve children and young people's mental and emotional health literacy by improving their understanding and awareness of mental health problems and emotional wellbeing, and improving access to information for pupils in primary and secondary schools. The duration of each assembly is approximately 15 – 20 minutes in primary and secondary schools. The assembly content is comprised of a PowerPoint presentation which include short films, interactive games and activities. Typically one assembly is given per year group, however schools may join years together.

### **Workshops**

The workshops focus on life skills and coping strategies which can help students to maintain positive emotional and mental health, and can help them support others with their mental health and wellbeing. Workshops are delivered in class groups and last between 50 minutes - 1 hour. PowerPoint presentations, interactive games and activities are also used. Only one academic year per school receives the workshops and this is usually split into four/ five hour class sessions to cover the year group. If a school want more workshops it would be the up to the local Mind delivering the service and their funding model.

### **1-2-1 targeted support sessions**

The 1-2-1 sessions are designed to support children and young people at risk of developing mental health problems. Sessions are delivered on a weekly basis for five weeks and each session lasts 40 minutes. Young people can either self-refer for the 1-2-1s or be referred by a teacher/SENCO. They are selected to take part based on their Strengths and Difficulties Questionnaire (SDQ) score (mild to moderate, below 20). In the sessions pupils follow one or a combination of different streams of support, including 'Anger', 'Anxiety', 'Low Mood', 'Assertiveness', 'Loss', 'Low Mood', 'Worrying' and 'Self-Esteem'. SDQs, Generalised Anxiety Disorder Assessment (GAD-7) and Patient Health Questionnaire (PHQ-9) are used to monitor the pupil's wellbeing throughout the 5 weeks if the low mood and anxiety pathway is followed. Anywhere between one - 20 students per school can be referred for the 1-2-1 sessions.

